**2022 PROVINCIAL CHAMPIONSHIPS**

**FRIDAY, SATURDAY, SUNDAY, July 8 – 10, 2022**

**TENTATIVE SCHEDULE (Updated July 1, 2022)**

**FRIDAY, JULY 8TH**

**TRACK**

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 pm | U 16 Men | 1500 Steeplechase | Timed Final |
|  | U 16 Women | 1500 Steeplechase | Timed Final |
|  | U 18/Masters Women | 2000 Steeplechase | Timed Final |
|  | U 20 / Senior Women | 3000 Steeplechase | Timed Final |
|  | U 18 Men | 2000 Steeplechase | Timed Final |
|  | U 20 / Masters /Senior Men | 3000 Steeplechase | Timed Final |
| 7:15 pm | U 16 Women | 200m H 30” | Timed Final |
|  | U 16 Men | 200 m H 30” | Timed Final |
|  | Masters Women | 300m H 30” | Timed Final |
|  | Masters Men | 300m H 30” | Timed Final |
|  | U 18 Women | 400m H 30” | Timed Final |
|  | U 20 / Senior Women | 400m H 30” | Timed Final |
|  | U 18 Men | 400m H 33” | Timed Final |
|  | U 20 / Senior Men | 400m H 36” | Timed Final |

**FIELD**

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 pm | U 20 / Senior Women | Discus |  |
| 6:00 pm | U 16 / Masters Women | Shot Put |  |
| 7:45 pm | U 16/ Master Men | Shot Put |  |
| 7:45 pm | U 20 / Senior Men | Hammer |  |

**SATURDAY, JULY 9, 2022**

**TRACK**

|  |  |  |  |
| --- | --- | --- | --- |
| 9:00 am | Master Women | 80m Hurdles 27” | Heats |
|  | Master Women | 80m Hurdles 30” | Heats |
|  | U 16 Women | 80m Hurdles 30” | Heats |
|  | U 18 Women | 100m Hurdles 30” | Heats |
|  | U 20 Women | 100m Hurdles 33” | Heats |
|  | Senior Women | 100m Hurdles 33” | Heats |
|  | U 16 Men | 100m Hurdles 33” | Heats |
|  | Master Men | 100m Hurdles 33” | Timed Final |
|  | Master Men | 100m Hurdles 36” | Timed Final |
|  | U 18 Men | 110m Hurdles 36” | Heats |
|  | Master Men | 110m Hurdles 39” | Timed Final |
|  | U 20 Men | 110m Hurdles 39” | Heats |
|  | Senior Men | 110m Hurdles 42” | Heats |
| 10:30 am | Senior Men | 1500m | Timed Finals |
|  | U 20 Men | 1500m | Timed Finals |
|  | U 18 Men | 1500m | Timed Finals |
|  | Masters Men | 1500m | Timed Finals |
|  | Senior women | 1500m | Timed Finals |
|  | U 20 women | 1500m | Timed Finals |
|  | U 18 Women | 1500m | Timed Finals |
|  | Masters Women | 1500m | Timed Finals |
|  | U 16 Women | 1200m | Timed Finals |
|  | U 16 Men | 1200m | Timed Finals |
| 11:30 am | Senior Men | 110m Hurdles 42” | Finals |
|  | U 20 Men | 110m Hurdles 39” | Finals |
|  | U 18 Men | 110m Hurdles 36” | Finals |
|  | Master Men | 100m Hurdles 36” | Finals |
|  | U 16 Men | 100m Hurdles 33” | Finals |
|  | Master Men | 100m Hurdles 33” | Finals |
|  | Senior Women | 100m Hurdles 33” | Finals |
|  | U 20 Women | 100m Hurdles 33” | Finals |
|  | U 18 Women | 100m Hurdles 30” | Finals |
|  | U 16 Women | 80m Hurdles 30” | Finals |
|  | Master women | 80m Hurdles 30” | Finals |
|  | Master Women | 80m Hurdles 27” | Finals |
| 12:00 pm | LUNCH |  |  |
| 1:00 pm | Wheelchair | 100m | Timed Final |
|  | U 16 Women | 100m | Heats |
|  | Master Women | 100m | Final |
|  | U 16 Men | 100m | Heats |
|  | Master Men | 100m | Final |
|  | U 18 Women | 100m | Heats |
|  | U 18 Men | 100m | Heats |
|  | U 20 Women | 100m | Heats |
|  | U 20 Men | 100m | Heats |
|  | Senior Women | 100m | Heats |
|  | Senior Men | 100m | Heats |
| 2:30 pm | Senior Men | 400m | Timed Final |
|  | U 20 Men | 400m | Timed Final |
|  | U 18 Men | 400m | Timed Final |
|  | Master Men | 400m | Timed Final |
|  | Master Women | 400m | Timed Final |
|  | Senior Women | 400m | Timed Final |
|  | U 20 Women | 400m | Timed Final |
|  | U 18 Women | 400m | Timed Final |
|  | U 16 Women | 300m | Timed Final |
|  | U 16 Men | 300m | Timed Final |
| 4:10 pm | U 16 Women | 100m | Final |
|  | U 16 Men | 100m | Final |
|  | U 18 Women | 100m | Final |
|  | U 18 Men | 100m | Final |
|  | U 20 Women | 100m | Final |
|  | U 20 Men | 100m | Final |
|  | Senior Women | 100m | Final |
|  | Senior Men | 100m | Final |
|  | Master Women | 100m | Final |
|  | Master Men | 100m | Final |
| 4:50 pm | U 16 Women | 4 x 100 | Final |
|  | U 16 Men | 4 X 100 | Final |
|  | U 18 Women | 4 x 100 | Final |
|  | U 18 Men | 4 x 100 | Final |
|  | U 20 Women | 4 x 100 | Final |
|  | U 20 Men | 4 x 100 | Final |
|  | Senior Women | 4 x 100 | Final |
|  | Senior Men | 4 x 100 | Final |
|  | Master Women | 4 x 100 | Final |
|  | Master Men | 4 x 100 | Final |

**FIELD**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Throws** |  |
| 9:00 am | U 18 Women | Shot Put |  |
| 10:15 am | Seated Men & Women | Shot Put |  |
| 12:15pm | U 20 / Senior Men | Shot Put |  |
| 1:45PM | U20 / Sr Women | Shot Put |  |
| 3:30PM | U 18 Men | Shot Put |  |
| 5:00PM | Seated Men & Women | Javelin |  |
| 9:15AM | U16 / Masters Women | Discus |  |
| 10:45 AM | U 16 / Master Men | Discus |  |
| 5:00 PM | U 16 / Master Men | Hammer |  |
| 9:00 AM | U 18 Men | Javelin |  |
| 10:30 AM | U 18 Women | Javelin |  |
| 12:15 pm | U 20 / Senior Women | Javelin |  |
| 1:30 PM | U 16 / Masters Women | Javelin |  |
| 2:45 PM | U 16 / Masters Men | Javelin |  |
| 3:45 PM | U 20 / Sr Men | Javelin |  |
|  |  | **Jumps** |  |
| 9:00 am | U 16 / Master Women | Long Jump | Pits 1 & 2 |
| 10:30 am | Senior Men | Long Jump |  |
| 2:15 pm | U 18 Women | Long Jump | Pits 1 & 2 |
| 4:00 PM | U 20 Men | Long Jump |  |
| 4:00 PM | U 20 Women | Long Jump |  |
| 10:15 am | U 20 Women | High Jump |  |
| 12:15 pm | U 20 Men | High Jump |  |
| 2:15 pm | Senior Men | High Jump |  |
| 3:45 pm | Senior Women | High Jump |  |
| 10:30 am | U 16 / U 18/ Masters Woman | Pole Vault |  |
| 1:45 pm | U20 / Senior Woman | Pole Vault |  |
| 10:30 am | U 16 / Masters Men | Triple Jump |  |
| 12:45 pm | U 18 Men | Triple Jump |  |
| 12:45 pm | Senior Women | Triple Jump |  |

**Sunday, July 10, 2022**

**TRACK**

|  |  |  |  |
| --- | --- | --- | --- |
| 8:45 am | U 20/ Senior Women | 5000m | Timed Finals |
|  | U 20 / Senior Men | 5000m | Timed Finals |
|  | U 16 Women | 2000m | Timed Finals |
|  | U 16 Men | 2000m | Timed Finals |
|  | U 18 Women/ Mas | 3000m | Timed Finals |
|  | U 18 Men / Mas | 3000m | Timed Finals |
| 10:30 am | U 16 Women | 200m | Heats |
|  | U 16 Men | 200m | Heats |
|  | U 18 Women | 200m | Heats |
|  | U 18 Men | 200m | Heats |
|  | U 20 Women | 200m | Heats |
|  | U 20 Men | 200m | Heats |
|  | Senior Women | 200m | Heats |
|  | Senior Men | 200m | Heats |
|  | Master Women | 200m | Heats |
|  | Master Men | 200m | Heats |
|  | **LUNCH** | **LUNCH** |  |
| 1:30 pm | Senior Women | 800m | Timed Finals |
|  | Senior Men | 800m | Timed Finals |
|  | U 20 Women | 800m | Timed Finals |
|  | U 20 Men | 800m | Timed Finals |
|  | U 18 Women | 800m | Timed Finals |
|  | U 18 Men | 800m | Timed Finals |
|  | U 16 Women | 800m | Timed Finals |
|  | U 16 Men | 800m | Timed Finals |
|  | Masters Women | 800m | Timed Finals |
|  | Masters Men | 800m | Timed Finals |
| 3:30 pm | U 16 Men | 200m | Finals |
|  | U 16 Women | 200m | Finals |
|  | U 18 Men | 200m | Finals |
|  | U 18 Women | 200m | Finals |
|  | U 20 Men | 200m | Finals |
|  | U 20 Women | 200m | Finals |
|  | Senior Men | 200m | Finals |
|  | Senior Women | 200m | Finals |
|  | Master Men | 200m | Finals |
|  | Master Women | 200m | Finals |
| 4:15 pm | U 16 Women | 4 X 400m | Finals |
|  | U 16 Men | 4 X 400m | Finals |
|  | U 18 Women | 4 X 400m | Finals |
|  | U 18 Men | 4 X 400m | Finals |
|  | U 20 Women | 4 X 400m | Finals |
|  | U 20 Men | 4 X 400m | Finals |
|  | Senior Women | 4 X 400m | Finals |
|  | Senior Men | 4 X 400m | Finals |
|  | Masters Women | 4 X 400m | Finals |
|  | Masters Men | 4 X 400m | Finals |

**FIELD**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Throws** |  |
| 9:00 am | U 16/ U 18 / Master Women | Hammer |  |
| 10:30 am | U 18 Men | Hammer |  |
| 12:15 pm | U 20 / Senior Women | Hammer |  |
| 1:30 pm | U18 Women | Discus |  |
| 2:45 pm | U 18 Men | Discus |  |
| 4:00 pm | U 20 / Sr Men | Discus |  |
| 1:30 PM | Seated Men & Women | Discus | Shot Put Circle |
|  |  | **Jumps** |  |
| 9:00 am | U 16 / Masters Men | Long Jump | Pits 1 & 2 |
| 10:30 am | Senior Women | Long Jump |  |
| 3:30 pm | U 18 Men | Long Jump | Pits 1 & 2 |
| 10:30 am | U 20 Women | Triple Jump |  |
| 12:45 pm | U 16 / Masters Women | Triple Jump |  |
| 12:45 pm | U 20 Men | Triple Jump |  |
| 2:15 pm | U 18 Women | Triple Jump |  |
| 2:15 pm | Senior Men | Triple Jump |  |
| 9:30 am | U 18 Women | High Jump |  |
| 11:00 am | U 18 Men | High Jump |  |
| 1:00 pm | U 16 / Master Women | High Jump |  |
| 2:45 pm | U 16 / Master Men | High Jump |  |
| 10:30 am | U 16 / U 18 / Masters Men | Pole Vault |  |
| 1:30 pm | U 20 / Senior Men | Pole Vault |  |